

## ANOTHER REASON TO EAT 5-9 VEGETABLES & FRUITS



Do you want to avoid painful ulcers? Fortify your efforts with a few florets of broccoli.

A recent study revealed that compounds found in broccoli may help to inhibit a certain type of bacteria that is associated with ulcers. In laboratory analysis, the chemical sulforaphane, found in broccoli, killed the common ulcer-causing bacteria called *Helicobacter pylori*.

Ulcers appear to be closely related to the existence of *Helicobacter pylori* in the gastrointestinal tract. Some stomach cancers also have been linked to this kind of bacteria. Sulforaphane, found in broccoli and other cruciferous vegetables such as cabbage and cauliflower, appears to inhibit this kind of ulcer-causing bacteria.

[Sulforaphane inhibits extracellular, intracellular, and antibiotic-resistant strains of \*Helicobacter pylori\* and prevents benzo\[a\]pyrene-induced stomach tumors.](#) Fahey, J. W., Haristoy, X., Dolan, P. M., Kensler, T. W., Scholtus, I., Stephenson, K. K., Talalay, P., Lozniewski, A., *Proceedings of the National Academy of Sciences of the United States of America*, May 28, 2002;99(11):7610-7615.